

about

Team Sam



2013 Lehigh Valley Heart and Stroke Walk
Child Chair, **Samuel Vlasics**

Sam was born with life threatening heart defects. Thanks to advances in pediatric heart procedures, today Sam is a vibrant, energetic three year old. He represents the American Heart Association as the 2013 Lehigh Valley Heart & Stroke Walk Child Chair. One in approximately 100 babies are born with a heart defect, making it the #1 birth defect. Funding is vital to continue research and development of new surgical techniques. Team Sam is made up of family and friends of Samuel Vlasics.

All proceeds benefit the
American Heart Association
through
Team Sam
of the Lehigh Valley
Heart & Stroke Walk

For information please contact:
Dana Vlasics, Race Director
610.573.6788
dana-flynn@rcn.com

WarmHearts5K



Warm Hearts

5K Run & Walk for

Heart Defect Awareness

in

Historic Nazareth Borough

February 22, 2014

**

Registration opens at 8:00

5K starts at 10:00

Walk begins at 10:05

**snow date – March 1, 2014

Entry Fee

\$20 – short-sleeved t-shirt
until Feb 8

\$25 – short-sleeved t-shirt
Feb 9 to race day

\$32 – hooded sweatshirt
ONLY available to those
registered by Feb 8*

No hoodie option after Feb 8

Same fee for run or walk

Register online at
www.pretzelcitysports.com
(nominal processing fee) or
complete the enclosed form

Indoor registration and awards

Indoor bathrooms

Dogs & strollers welcome!

5K race results will be posted on
www.pretzelcitysports.com

Start/Finish

Holy Family School Gym
17 N. Convent Ave.
Nazareth, PA 18064

**Challenging, professionally timed
5K run through the Historic
Borough of Nazareth and
surrounding roads.
Walk is non-competitive.**

**Awards for the top male and
top female finishers.**

**Medals for the top 3 males
and top 3 females in the
following categories:**

18 and under

19-29

30-39

40-49

50-59

60+

no double awards

Sorry, no refunds

Registration Form

Last Name: _____

First Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: (_____) _____ - _____

DOB: ____/____/____ Age on Race Day: ____

Male / Female 5K Run / Fun Walk

T-shirt S M L XL XXL

YS YM YL YXL

Hoodie S M L XL XXL

(only until Feb 8) YS YM YL YXL

Checks payable and mail to Race Director
Dana Vlasics, 12 Forest Dr., Nazareth, PA 18064

Release - must be signed by all participants and parents of minors
Waiver: In consideration of accepting this entry, I, the under-signed,
intending to be legally bound hereby, for myself and my heirs,
executors, and administrators waive and release any and all rights
and claims for damage I may have against the Borough of Nazareth,
County of Northampton, Pretzel City Sports, the American Heart
Association, Holy Family School/Parish, the Diocese of Allentown,
Dana Vlasics or anyone associated with this event, their
representatives, successors, and assigns for any and all injuries
suffered by me in said event. I will additionally permit the free use
of my name and pictures in all media. I attest and verify that I am
physically fit and have sufficiently trained for this event. I am
aware there are no refunds or t-shirt mailings. I am aware that
there may be traffic on the course and I am running at my own risk.

Signature of applicant (or parent):
